

# Diabetes Brown Bag Telehealth Lunch Series



**3<sup>rd</sup> Wednesday  
of each Month**

**12 – 1:00 p.m.**

**Wednesday, February 15, 2006**

## **New Food Guide Pyramid**

Nedra Christensen, PhD, Associate Professor, Utah State University

Dr. Christensen will be presenting on the new food guide pyramid and will also navigate through the My Pyramid tool found at [www.mypyramid.org](http://www.mypyramid.org). Additional topics for discussion include calculating energy needs and nutrients for specific food items, synchronizing portion sizes with nutrient goals, and identifying resources for diabetes and cardiovascular disease.

**- CEUs offered for nursing and dietetics for all diabetes Telehealth programs -**

### *Upcoming Presentations:*

**March 15, 2006 – Increasing energy levels with physical activity**

**April 19, 2006 - Driving with Diabetes**

**Please use attached registration form.**

***(Register by February 10<sup>th</sup> for this program)***

Utah Diabetes Prevention & Control Program  
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List of Utah Telehealth Sites:  
<http://www.utahtelehealth.net/utn.pdf>

Contact Valerie Pe'a / Betsi Patino to schedule  
telehealth video or telephone links

**\*\*For technical assistance on the day of the conference,  
call Pat Bryner 801-585-2426\*\***

**<http://www.health.utah.gov/diabetes/education1/telehealth.htm>**